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Health



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We all want to keep our lives, tastes and routines no matter what's happening. We can, as long as we make sure they don't affect our ability to deal with real problems to improve our future. We all say we believe in the right things, but if we don't act on those beliefs, we won't believe in ourselves.

We all have options when it comes to what we think we're capable of dealing with. We can either be optimistic or pessimistic about our ability to be able to deal with serious issues. We should think positive and think we can. We can't be afraid and think that's positive or we'll feel weaker.

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We all care about our health, yet know our food, air, water and more is being poisoned every day. We have to stop it or we'll learn to accept it, like running marathons to promote big banks and drug companies selling more cancer drugs instead of sharing proven ways to treat and prevent cancer.

We'll suffer more from fear, stress and disappointment if our health or our children's health causes us problems than from anything else, so it's worth seeing and sharing the info below. We should know many people worldwide have been fighting for our health freedom, so we should to keep it.

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We all feel like defending the medical industry after seeing lots of TV shows and movies about it, plus Canada has a decent one, though it's getting worse. We should know doctors are visited by pretty young ex-cheerleader pharmaceutical sales reps who provide certain studies on their drugs.

We should also know many other studies are shared by doctors, nurses, journalists and others that explain the risks of many conventional medical treatments. We should remember how many people are harmed by medical mistakes. We should look into this more and think for ourselves.

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We all know there's corruption in the system, but often don't want to discuss it because we don't want to insult the people who work there. We should all try to keep our jobs, but we should also try to keep them from getting more corrupt. We can all see that's happening, so we can stop it.

We can all share info about things unrelated to our jobs to keep them. We can make it easier to change each other's jobs for the better, including in medicine, media, governments, corporations and more. We have to or we'll increasingly endanger each other's health with our changing jobs.

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We all wish we could find easy solutions to this mess. We often say we should buy organic food instead of poisoned food at the grocery store, but that will only solve part of the problem for a few people still at risk, while most of us won't be able to afford it anymore as the recession worsens.

We should all start wondering why so many big corporations are poisoning us, why they don't try to stop and why our governments don't stop them. We can't be perfect people, but we can protect ourselves, our family and friends by sharing info to help each other make smarter health choices.

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We all have opinions based on what we've learned, but we can always help each other improve them, especially when we realize many of them aren't really "our" opinions at all. We all receive info from many sources, so we can share it to see which info and sources are the best to use.

We have to realize if someone isn't saying something for money, power or sex, they might just be saying it because they think it might help someone else. We can all pass on good health tips from people who inspire us to, it's among the best ways to let someone know that you care about them.

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http://www.youtube.com/watch?v=TP_kei648oI

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Dr. Russell Blaylock on Nutrition and Behavior, Aspartame, MSG (48 mins)

Neurosurgeon Dr. Blaylock Explains How To Improve Our Food To Improve Our Food - Kids Too!

<http://video.google.com/videoplay?docid=2963728494205235281>

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Good Health Websites

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Natural News - The Best Health Website In The World

<http://www.naturalnews.com>

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National Health Federation - Canada's Advocacy Chapter Coming Soon

<http://www.thenhf.com>

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Canadians for Health Freedom - Includes A Canadian List of H1N1 Vaccine Victims

<http://www.canadiansforhealthfreedom.org>

Legal Vaccine Exemption Forms - Learn Both the Risks and Benefits of Vaccines

<http://vran.org/exemptions>

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GMO Food - Seeds of Deception - Learn How People Are Fighting It Worldwide

<http://www.seedsofdeception.com>

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Non-GMO Shopping Guide - Help Change Our Buying Habits To Get Better Choices

<http://www.nongmoshoppingguide.com/SG/ShoppingGuide/index.cfm>

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Fluoride News, History and Risks - Montreal and Vancouver Refused To Use It

<http://www.fluoridealert.org>

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Soy Dangers - Full Of Estrogen Which Lowers Sperm Count and Causes Breast Cancer

<http://www.westonaprice.org/soy-alert.html>

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BPA contaminants found in most Canadians - 90% Of Us Have Extra Estrogen

<http://www.cbc.ca/canada/british-columbia/story/2010/08/16/bpa-bisphenol-levels-urine-contamination.html>

Good Options For Better Health

Regular Brita (etc.) Water Filters Don't Remove Fluoride and Other Contaminants!

Berkey Water - Example of Reverse Osmosis Fluoride (etc.) Filter (est. \$300)

Ecolo Blue - Example of an Atmospheric Water Collection and Purifying System (est. \$500)

<http://www.ecoloblue.com>



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